



Human Resources Department
Riverview Towers Building
111 Soledad, Ste. 100
San Antonio, TX 78205

RETIREE MATTERS

Issue 36 | February 2018

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BROWN BAG

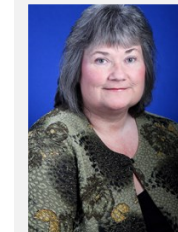
Lunch Series



Welcome to the 2018 Brown Bag series. Please make plans to attend the first session of the year on Friday, March 16 at the Central Library (600 Soledad) from 11:30 a.m.—1:30 p.m.!

This first session will feature three presentations from the YMCA, the Volunteer Income Tax Assistance (VITA) program, and from the City's volunteer coordinator, Melissa Escamilla. The YMCA will provide information regarding senior fitness, including the Silver Sneakers program and discounted membership; VITA will tell you when and where you can receive tax preparation assistance; and Melissa will share details about volunteer opportunities throughout the community.

The City will provide a healthy snack and beverages. Free parking will be available in the Library's parking garage. The Retiree RSVP Line is open, so to reserve your seat, leave a message at 210-207-7000 or email hrcustomerservice@sanantonio.gov.



Lori Steward

Welcome to your first issue of *Retiree Matters* in 2018. This issue includes tax information from TMRS, details about the upcoming Brown Bag session, helpful dining tips from Metro Health, and a new "Did you Know..." section. "Did you Know..." will be featured each quarter and will highlight a useful fact about retiree benefits. These facts will be taken from a comprehensive list of frequently asked questions compiled by our Employee Benefits division, which can be found on HR's website, sanantonio.gov/employeeinformation or on RECOSA's website at recosa.org.

I want to thank RECOSA for their partnership in 2017 and for their commitment to bringing ideas to us

Message from Human Resources Director

Dear City of San Antonio Retirees,

that address retirees' needs. While it may not always be possible to accommodate every request, we appreciate the collaborative relationship we have established in recent years. We look forward to a healthy and productive year and to growing our relationship with our retiree community.

On that note, we are always interested in receiving ideas for the newsletter, such as "Did you Know..." so if there are specific topics or City programs or resources that you'd like to learn more about, please let us know and we will do our best to include them here or perhaps schedule a speaker to present information during an upcoming Brown Bag session. Simply email your suggestions and ideas to cosaretiree@sanantonio.gov.

Joining Your Ranks

Congratulations to the following people on their recent retirement!
Thank you for your years of dedicated service to the City of San Antonio.

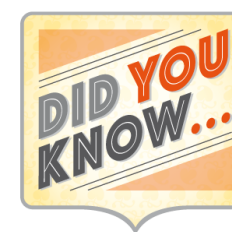
Stephen John Barszewski Metro Health, 10 yrs.	Robert P. Gardner Parks & Recreation, 21 yrs.	Stephan Edward Ochoa Development Services, 11 yrs.
Julian Bayardo Convention Sports Facilities, 19 yrs.	Gloria Garza Aviation, 14 yrs.	David Perez Transportation & Capital Improvements 15 yrs.
John Berlanga Metro Health, 25 yrs.	Sandra H. Gonzales Building & Equipment Services, 23 yrs.	Antonio Ramos Municipal Courts, 14 yrs.
Ernest H. Castillo Transportation & Capital Improvements 27 yrs.	Catherine H. Gray Library, 22 yrs.	Vicky Rivera Metro Health, 19 yrs.
Mario Castillo Police, 25 yrs.	Sylvia Hernandez Metro Health 23 yrs.	Pamela J. Roberson Convention Sports Facilities, 18 yrs.
John Clifford Chase Aviation, 8 yrs.	Elizabeth R. Lara Transportation & Capital Improvements 31 yrs.	Loretta C. Rocha Metro Health, 11 yrs.
Mary Esther Chavez Municipal Courts, 33 yrs.	Veronique Laureano Transportation & Capital Improvements 40 yrs.	Anne Elizabeth Schuette Library, 12 yrs.
Robert Chavez Development Services, 16 yrs.	Judy Kathryn Mahula Human Services, 25 yrs.	Robert J. Schriever Parks & Recreation, 25 yrs.
Yolanda Martinez Cyrus Police, 16 yrs.	Pablo Martinez Development Services, 10 yrs.	Pauline T. Smith Transportation & Capital Improvements 32 yrs.
David Lemuel Edmond Convention Sports Facilities, 16 yrs.	Flacia Neighbors Mayes Aviation, 20 yrs.	Anna D. Thomas-Galimore Arts & Culture, 29 yrs.
George A. Esquivel Police, 23 yrs.	Lillian Menchaca Police, 4 yrs.	Juan F. Vargus Police, 21 yrs.
Grace Flores Metro Health, 16 yrs.	Alicia J. Morris Information Technology Services Dept. 8 yrs.	Robert Martin Zapata Convention Sports Facilities, 20 yrs.
Joann F. Galbraith Human Services, 20 yrs.		



Update on 2018 Tax Tables

In case you missed it in your last TMRS newsletter, here's some important tax information. Due to changes in the federal tax law effective January 1, 2018, the IRS tax tables affecting your monthly annuity have changed. The 2018 tax tables are now in effect, starting with the January 31, 2018 payment. You may log into your MyTMRS account to review your annuity and withholding amounts and determine if you need to make any changes to your withholding election.

Please note that TMRS staff members cannot give tax advice. You are encouraged to consult the IRS or a professional tax advisor for complete information regarding your tax liability.



If I am out of the country, does my insurance plan cover me should I become ill or injured? If not, what can I do to cover medical costs while traveling out of the United States?

For pre-65 retirees, Blue Cross and Blue Shield of Texas (BCBSTX) does have coverage outside of the country; keep in mind that you will have to pay upfront and submit for reimbursement. For additional questions regarding international coverage, call 800-810-2583.

For post-65 retirees, Aetna will only cover emergency services; you must also pay upfront and submit for reimbursement. Please call Aetna at 800-842-1306 if additional information is needed.

Notes From The City Manager



Sheryl Sculley

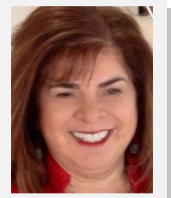
Dear City of San Antonio Retirees:
It's nice to connect with you once again through this newsletter. I hope that you've been enjoying the first couple of months of our Tricentennial year. I wanted to take this opportunity to remind you of the volunteer opportunities available through the Tricentennial Commission's "Serve 300 SA Days" initiative. By the time you read this, we will have completed one community service day, but we have three more scheduled throughout the year, so I invite you to consider joining the 11,000 volunteers who have already registered to participate. For volunteer information, email serve300@sanantonio300.org or call (210) 207-2300.

As always, please feel free to contact my office with any questions, and thank you for your years of dedicated service to our City, its residents, and visitors.

Sheryl Sculley



Words on RECOSA



Liz Garcia

Greetings retirees!
The RECOSA Annual Membership Meeting was held on November 9, 2017 in combination with the quarterly Brown Bag which featured a crime prevention presentation by officers of the San Antonio Police Department. The board thanks the individuals, health providers, and other businesses that provided door prizes and made other contributions, including the Human Resources Department for providing the snacks and water, and Generations Federal Credit Union for generously sponsoring a great lunch from Jason's Deli. A complete list of donors was distributed at the meeting.

The board members elected at the meeting were Nancy Dean, David Lopez, and Dale "Woody" Woodruff. You can find more information about the board of directors on RECOSA's website at www.recosa.org. During the first RECOSA board meeting of the year, held January 9, 2018, the following board officers were elected: Chair, Liz C. Garcia; Vice Chair, David Lopez, Treasurer, Rebecca Waldman; and Secretary, Nancy Dean. Also, Yolanda "Lolly" Byington was appointed to serve on the board to fill the vacancy due to the resignation of Marianne Greene effective December 31, 2017. We wish Ms. Greene well in her new home in Houston. Other members still serving on the board are Kevin Burton, Rose Rangel, Michael Trainer, and Ex-Officio Board member, Gene Camargo.

We invite all City of San Antonio non-uniform retirees to join RECOSA, which is a 501 (c) 3 non-profit organization. Membership is **FREE** and the application can be found on our website. Members are welcomed to attend the monthly board meetings held every first Tuesday of the month at the Solid Waste Management Department office conference room, 4410 Piedras West from 11:30 a.m. to 1:30 p.m.

We anticipate that 2018 will continue to be a year of challenges with regards to healthcare, and it is important that retirees stay informed. RECOSA's mission is to keep you informed and we are readily available to receive your input. Per our request, a list of "Frequently Asked Questions" was prepared by the Human Resources staff specifically for retirees and will be posted on RECOSA's website. The board continues to meet with the Human Resources staff bi-monthly to discuss health insurance plan issues and to request health-related programs that will benefit retirees. Most recently, these meetings have brought about reasonable health premium costs, a PPO Dental program, a rewards program, and a discount gym program for pre-65 retirees. Your input as a retiree enables RECOSA to provide vital information to the City so that the administrators and officials can make decisions that are beneficial for us.

If you wish to contact us, you have several options: email us at info.recosa@gmail.com; mail us at P.O. Box 12973, San Antonio, TX, 78212-0973; or call us at 210-504-9567 (please leave a message and we will return your call).

To learn more about RECOSA and your health benefits, please visit our website. We look forward to your active participation with RECOSA in 2018.

Liz Garcia
RECOSA Board Chair

Healthy Living



Metro Health Shares Tips for Heart-Healthy Dining

Metro Health has a few tips and facts for heart-healthy dining both at home and out on the town that can help to ensure that your meal is a healthy one:

DINING IN

- On average, when you cook at home, you likely consume 200 calories less than when eating out.
- Meals made at home often contain less salt and sugar – when you cook at home, try cutting the amount of salt called for by the recipe in half.
- You can spend more time with your family – have kids, grandkids or your spouse help with dinner preparation. It is a great way to spend time together and learn healthy cooking skills for life.
- When you cook at home, you choose healthy ingredients you like.
- Cooking is fun! Kick off your shoes, put on some music, and get ready for lots of great conversations and laughs!

DINING OUT

- Order a balanced meal including lean proteins, fruits, vegetables, and whole grains.
- Consider healthy substitutions for sides: ask for a small salad, steamed vegetables, a baked potato, or fruit cup.
- Request dressings, sauces, gravies, and butters on the side so that you are in control of the portion size you eat.
- Control large portion sizes by eating a smaller portion and bringing the rest home as leftovers—or consider splitting a meal with your dining guest.
- Eat slowly so that your brain has time to tell your stomach when you are full.
- Share! Order only one dessert with two forks. Savor each bite and you may find that one or two bites is perfect.

In partnership with the Culinary Health Education for Families (CHEF), Metro Health has developed a free recipe book at www.sanantonio.gov/VivaHealth with recipes to make cooking at home hassle-free—here's an example of one of the book's tasty recipes.

Fruit Ceviche
4 servings / 1 serving = 1 cup / calories 80

Ingredients:

- 1½ cup peeled and sliced jicama sticks
- ½ English cucumber
- ¾ cup melon chunks
- ½ large avocado, peeled and sliced into chunks
- juice of ½ lime
- juice from ¼ orange
- 1 teaspoon extra-virgin olive oil
- guajillo chile powder, to taste
- dash of salt

Preparation:

1. Slice the jicama into batonnets. Measure out 1½ cups and add to a salad bowl.
2. Slice the cucumber in half, then slice one half lengthwise. Scoop out the seeds with a spoon and then slice the cucumber into half-moons. Add to the bowl with jicama.
3. Slice the melon and avocado into bite-sized chunks. Add to the jicama.
4. Squeeze some lime and orange juice over the salad ingredients. Drizzle the extra-virgin olive oil over the mixture and stir gently.
5. Season with salt and guajillo powder.

Contacts

City of San Antonio Human Resources Customer Service
111 Soledad, Ste. 100
San Antonio, TX 78205
210-207-8705 (P)
210-207-6043 (F)
sanantonio.gov/EmployeeInformation/RetiredEmployees
cosaretiree@sanantonio.gov
hrcustomerservice@sanantonio.gov
Retiree RSVP Line
210-207-7000

Davis Vision
1-800-448-9372
www.davisvision.com

Delta Dental
1-800-422-4234
www.deltadentalins.com/cityofsanantonio/retirees.html

Aetna
1-800-842-1306

Medicare
1-800-633-4227
www.medicare.gov

Retiree Liaison
Ann Solis
210-207-0073

Texas Municipal Retirement System
1-800-924-8677
www.tmr.com

Blue Cross and Blue Shield of Texas
1-800-521-2227
BCBSTX.COM

CVS/caremark
1-866-808-7470

HSA Bank
1-855-731-5220